



## MESSAGES OF FAITH AND PREPAREDNESS

For many people, talking about emergencies can be difficult because no one wants to create unnecessary fear and no one wants to think that an emergency could happen to them. However, the reality is that emergencies can strike anyone at anytime, and the best defense is preparation. Listed below are some key points to consider about emergency preparedness.

- In times of trouble, Missourians rely on their faith to give them help and advice. Because of the significant role we play in leading our community and helping people in times of trouble, it's important that we understand how to prepare for an emergency ahead of time.
- A great deal of fear in emergency situations comes from uncertainty. By learning how to establish an emergency plan and put together emergency kits, we can help to eliminate much of our anxiety because we'll feel more in control when something does happen.
- We can lead by example and help ease the anxiety of others by teaching them not only what to do before an emergency, but during an emergency as well. Through proactive leadership, we can help assure our community's safety, and lessen the fear and uncertainty in emergency situations.
- Because we serve the community and act as its spiritual sanctuary, we are natural leaders who can help others prepare for emergencies. A basic tenant of our faith is to help others. Preparing for an emergency can save lives, so naturally, if we are able to help others do this, we should.
- Becoming prepared ourselves and helping others to become ready is simple. There are already systems in place to protect us – we just need to learn how to use them and how to become personally prepared. For instance, the Missouri Department of Health and Senior Services created the *Ready in 3* program to give us an easy way to learn how to get ready for an emergency.
- The *Ready in 3* program from the Missouri Department of Health and Senior Services has three steps everyone can and should take to prepare for an emergency.
  1. Create a plan to make sure you and your family know what do in the event of an emergency.
  2. Prepare a kit so that your family has the supplies they need in the event an emergency.
  3. Listen for important information from authorities when an emergency happens so you know where to go and what to do.
- The *Ready in 3* program is an exciting and easy way for us to serve our family, friends and community by telling them about the simple steps they can take to prepare for emergency situations. By working together, we can make sure that we're ready.

- There are many types of people who need this information. For example:
  - Your family members. Sharing the *Ready in 3* information with those whom we love will help to ease their anxiety as well as our own in emergency situations.
  - Older neighbors who may have special needs. You can help them create an emergency plan and kit that takes those needs (such as special medicines or help moving around) into account so that in the event of an emergency they will know what to do and have what they need to be safe – the right medicines, someone to call, food, water, a flashlight and a battery-operated radio nearby.
  - Teenagers on your block who just started driving. Chances are, they may not have an emergency kit for their car or a plan of action when they're away from home. Emergencies can happen *anywhere* at anytime. Making sure they know what to do to prepare themselves could save their lives and help ease the fears of their parents while they're away from home.
  - The pet owner who may not remember to include items for their pets, such as food and water, in their emergency kits.
- No matter where we live or what we do, all of us can be impacted by an emergency. Working together in a spirit of fellowship, we can make sure we're all ready for emergencies *before* they happen.